

Spicy Chilled Tomato Soup

Makes 2 servings (1 vegetable)
3 grams protein
0 fat
55 calories

Ingredients

- 1½ cups tomatoes
- 1 tablespoon apple cider vinegar
- 1 tablespoon lemon juice
- 1 tablespoon green onion, sliced
- 1 clove of garlic, crushed and minced
- Dash of mustard powder
- 3 leaves fresh basil, rolled and minced
- Pinch of cayenne pepper
- Sea salt and fresh ground black pepper to taste.

Directions

1. Combine tomatoes, vinegar, lemon juice, and spices.
2. Puree in a food processor.
3. Chill for 1 hour before serving.

